



EIGHT FOLD PATH OF MINDFULNESS/ MEDITATION

10 hours program –online/ in person/ group – 6 personalized practices based on the eastern wisdom supported by scientific understanding

Learn four noble truths to be ready, Prajna (clarity about who am I & the Universe) in two steps, Shila (right way to live and work) in three steps and Mindfulness journey in three steps

Why this program?

- Learn Buddha and great masters passed on the wisdom to people to live in peace, happiness, love and wisdom.
- Discipline, educate, empower, evolve and transform the mind for all round success.
- Experience the change from the first session and make a journey to excel.

How program works? Open session

The program is an experiential learning, engages participants acquire knowledge of the principles of eastern wisdom, followed by small and easy practice, sharing of experiences, QA for clarity.

How the program is different?

You learn from the teachings of the great masters who discovered mindfulness 6000 years ago. Every session is interactive, conscious journey and free from cult, dogma, belief and religion. You learn to remove barriers that blocks the progress, helpers that hasten the perfection.

Who can join?

Anyone who is seeking peace, happiness, well-being, and complementary approach to overcome addiction / dependence from drugs, alcohol, and other social abuses.

You will learn/ practice/ experience

- Three principles that helps you succeed in relaxation and mindfulness.
- Are you ready? Learn four connections
- Are you qualified to make a journey to mindfulness? Discipline and educate the mind. Prajna steps
- Start thinking rightly with four noble truths reshape life.
- Self-orientation is important. Shila in three steps
- Journey of mindfulness. Samadhi in three steps.
- Clear understanding of mindfulness as taught by great masters.
- Learn from your experiences – invoking four stages of living
- Four steps of relaxation at anytime
- Six steps of deeper relaxation-mindfulness
- Mindfulness practices – clarity about steps and practices.
- How customization helps in intensify and deepen the experience?
- The recipe for success – natural withdrawal of the mind by contemplation
- How to practice mindfulness at work?
- Overcome fatigue, manage pain, and improve sleep
- Applying mindfulness in daily life – when you wake up, before sleep and during the day.

*The eastern wisdom is 6000 years old, supported by 3000 teachers and texts. The principles of science and eastern wisdom are different, even both aims at discovery of truth. It is important to learn from the eastern wisdom, because it explores the subjective reality, unlike science that focusses on the objective reality.



Girish Jha, MS has been teaching, mentoring, and promoting wellness for patients seeking proven results without the reliance (and costs) associated with pharmaceuticals. He has been offering services in the field of mind-body non-pharmaceutical, well-being and illness management programs for the last 38+ years. He has helped improve the quality of life for patients suffering from psychological disorders (ADHD, PTSD, and anxiety) and physical disorders (including Muscular Dystrophy, various forms of cancer, and debilitating pain). He has studied world religions, eastern psychology, thousands of traditional practices, under the tutelage of 50 Himalayan masters, in addition to his formal education in physics, chemistry, psychology and physiology.

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online/ in person/ group sessions on request